

LAPORAN PENELITIAN

**METODE *SMALL-SIDED GAMES* DALAM PENCAPAIAN PEMBELAJARAN  
KETERAMPILAN DASAR PERMAINAN SEPAKBOLA**

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Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh metode *small-sided games* (SSG) terhadap pencapaian pembelajaran keterampilan dasar permainan sepakbola.

Penelitian ini menggunakan metode eksperimen sederhana *pre-post test design*. Populasi penelitian ini adalah mahasiswa Program Studi Pendidikan Kepeleatihan Olahraga dengan konsentrasi kepeleatihan cabang sepakbola. Sampel penelitian ini menggunakan *purposive sampling*, yaitu menggunakan mahasiswa semester I program studi Pendidikan Kepeleatihan Olahraga sebanyak 24 orang yang dibagi dua kelompok, yaitu kelompok tradisional dan kelompok *small-sided games*. Instrumen yang digunakan untuk mengukur penguasaan keterampilan adalah dengan teknik tes *David Lee*.

Hasil penelitian menunjukkan metode tradisional menunjukkan rerata *pre test* sebesar 26.99 detik dan rerata *post test* sebesar 24.79 detik dengan selisih sebesar 1.20 detik. Metode *small-sided games* menunjukkan rerata *pretest* sebesar 27.81 detik dan rerata *posttest* sebesar 23.87 detik dengan selisih sebesar 3.94 detik. Sedangkan perbandingan *posttest* kedua metode menunjukkan  $t_{hitung} = 0,908$ , dengan  $p < 0.05$ ,  $df = 11$  diperoleh 0.383. Dari analisis statistik ini diperoleh makna bahwa terdapat perbedaan yang berarti antara pre-dan posttest kedua metode ini. Hasil ini menunjukkan terdapat perbedaan pengaruh antara metode tradisional dengan metode *small-sided games* terhadap pencapaian pembelajaran keterampilan dasar permainan sepakbola.

A RESEARCH REPORT  
**THE *SMALL-SIDED GAMES* METHOD**  
**IN ATTAINING BASIC SKILLS IN FOOTBALL**

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Abstract

This research study is aimed at demonstrating the influence of the *small-sided games* (SSG) method towards football basic skills achievements.

This is an experimental study using the *pre-post test design*. The populations were the students of Sport Coaching Study Program majoring on coaching football. The samples were determined through *Purposive Sampling* i.e. using 24 students of semester 1 of Sport Coaching Study Program. The samples were divided into two groups, namely the traditional group and the *small-sided games* group. The research instrument used to measure skill mastering was the *David Lee* test.

The results of this research show that the mean values of the group using the traditional method were 26.99 seconds and 24.79 seconds for pre and post tests, respectively. The difference was 1.20 seconds. On the other hand, the mean values of the group using the *small-sided games* method were 27.81 seconds and 23.87 seconds for pre and post tests, respectively. The difference was 3.94 seconds. In addition, the comparison of post test values of the two methods using  $t$  count = 0.908 with  $p < 0.05$  and  $df = 11$  was 0.383 seconds. The results infer that there were differences between pre and post tests of the two methods. The results show that there were differences between the traditional and *small-sided games* methods towards the learning achievements in football coaching.